

HONOLULU, HAWAII TERRITORY, SUNDAY, NOVEMBER 28, 1909.



## Social Code in Capital Strict

Official Washington has a social code as obdurate as Mosaic law. It differs from the law of the land in that every phase of it is rigidly enforced at all times. It is the outgrowth of tradition and custom as amended by each succeeding administration. It provides in the minutest detail for all that has to do with social affairs, including precedence, title, the official social season, seals, receptions, and is applicable to both men and women in the official set. If one would be eminently proper in his or her conduct in Washington, knowledge of the social rules and regulations is as necessary as is familiarity with the Constitution of the United States to a statesman or of the rules of the senate and house to a member of congress.

Just who is mainly responsible for the social code which governs official Washington is a matter of conjecture. The Taft administration found it in unofficial form handed down from the Roosevelt administration. When it was first applied to this country is unknown, but the fact remains that a social code has been in existence in Washington probably since the days of George Washington, and it has been elaborated by each administration since that time.

Each succeeding President and his wife have brought to Washington a new social set. With all its democracy the Taft administration is perhaps the best exponent high society has had in the White House in more than two generations. By this assertion, it is not meant to be understood that former Presidents and their families have not commanded a social station well in keeping with the dignity of the position held by the head of the family. On the other hand, it must be remembered that many Presidents occupied comparatively lowly stations before being elected to the office of President, and some of them came from communities where polished society did not exist in the sense in which it is understood today.

Success in such lines is also due in part to temperament. The Roosevelt family is one of the oldest in New York, and being one of the Knickerbockers, has inherited the social standards for generations which has been maintained by succeeding generations. While Theodore Roosevelt furnished a high social standard in the White House during his administration, he was not by temperament exactly suited to that phase of life in this more rigorous sphere of sociability.

Mrs. Roosevelt was essentially a mother, while she entered into the spirit of all occasions with a zest and did her share toward maintaining the social code among women; at the same time, her heart was elsewhere. Like wise, under the McKinley administration there was a certain adherence to formalities. The McKinleys were comparatively plain people, "close to the soil," as self-made men like to put it, and Mrs. McKinley was handicapped by physical disability from taking her place as the first lady of the land.

President Cleveland's experience in society began as a sheriff at Buffalo, extended through the governorship at Albany and reached its zenith in the White House. During the early part of his administration, President Cleveland was a bachelor, and not until he married Frances Folsom did the social side of President Cleveland become thoroughly fixed.

President Harrison was one of the most polished men who sat in the White House in recent years. His chief accomplishment, however, was in his scholarly attainments and in his strong endeavors to obey any law, political or social, which he found on the statute books. This process of characterization could readily be pursued to a period before the Civil War, but it would only tend to confirm the expression already given to the fact that the Taft administration promises to attain a higher social standard than has usually attended an official administration of Washington.

During the last national political campaign it was frequently urged that President Taft was the only man who had ever run for the high office who had been educated at the expense of the American people to fill it. He had been frequently referred to as the "messenger boy" of the Roosevelt administration. As such it had been his business to circumnavigate the globe.

Through this experience Mr. Taft maintained his democracy, so characteristic of a true American, but at the same time those present were impressed by the dignity which a well ordered program gave to everything with which he had anything to do. On the other hand, he came from an old established family at Cincinnati, Ohio, and had married into the Heron family, which was the social equal of his own. Not only, therefore, had the president and Mrs. Taft entered into the best society of their home city but they had had nearly fifteen years intermittent social experience in the

city of Washington and abroad which enabled them to observe the social successes and failures of four presidents. In addition Mr. Taft had been governor of the Philippines, himself, and that position had welded together ancient Spanish and modern American social customs as a guide not only for himself, but succeeding administrations of official sociability in the Orient. In this work he had the hearty cooperation of Mrs. Taft, who became equally qualified to fill the position of the first lady of the American republic which she now holds.

As is natural in all capital cities, the oldest families sometimes hold themselves aloof from the society which ordinarily surrounds the chief executive who has come among them as the result of political manifestations. This is true of Washington as of any State capital in the country. In the national capital there can easily be found many families of high social standing which look askance at anything social which has its inception or chief interest in the so-called "congressional crowd." Others carry this ninety in the choice of social championship, formal or informal, even to the portals of the White House and sometimes avoid intimacies, as far as possible, with its occupants.

As has been demonstrated, however, those who aspire to open social preferment cannot afford to slight the White House occupants. If they desire social publicity they must be personae gratae there and at the same time conform rigidly to the social code when occasion demands. The president and his wife, if they choose, can make it exceedingly uncomfortable for those they dislike, as was instanced on more than one occasion in the Roosevelt administration; consequently the older families of Washington ordinarily seek the seclusion of their own homes for entertainment and meet together in a quiet way. This, however, is not without its charm, and those who participate constitute the most exclusive and select circle in the city in the eyes of many.—Leroy T. Vernon, Washington Correspondent Chicago News.

### THE BEFF TEA DELUSION.

Some one way back in the ages originated the fallacy that flesh food is a diet which promotes strength and energy—the very opposite of the truth.

The example of the wonderful strength and endurance of the horse and the ox should have exposed the error of this at the start, but this patent argument seems to have been overlooked, and so for many hundreds of years certain races, at least, and, strangely, the most enlightened rather than the ignorant and primitive, have regarded flesh meat as the most strengthening of foods.

One of this error grew another almost equally mischievous, based upon the supposition that meat, being strong food, the extract of meat must represent concentrated strength, or a substance capable of stimulating or developing the physical powers of the body to the highest degree.

The chemical department of the United States government has made a careful study of beef tea, beef juice, the extract of beef and other animal extracts, and the result has been the demonstration that a pint of beef juice

has only about half the nutriment value of an equal quantity of milk, while beef tea, broth or bouillon prepared in the usual ways from extract of beef contains less than one-sixth as much nutrient material as the same quantity of milk. Even fresh apple juice and the juice of other fruits are found to contain double the nourishment of an equal quantity of animal broth of any sort.

### HOW THE APPLE WENT TO OREGON

In connection with the approaching apple show in the Northwest, it is interesting to read in the Burlington Free Press and Times, how in 1847 the apple journeyed from the Carolinas to Oregon. Planting apple orchards as they went through Indiana, Illinois and Iowa, two men by the name of Luelling, of Welsh Quaker family, finally ventured into the far West. In a rude wagon they packed 700 scions of apples with other fruits and some flowering plants, and oxen plodded with them "from the alluvial rolls of Iowa over the barren stretches, the hot, parched desert wastes, the boulder-barricaded passes of the defiant Rockies, the deep, shifting sand-dunes of the Columbia, down to the valley of the Willamette, close to the shores of the Pacific seas." The scions thrived in the new but not alien climate and ripened fruit of unexpected excellence.

### NEW FISH STORY.

The latest use of the telephone is in locating shoals of fish. The electric apparatus is a German patent. A microphone, inclosed in a water tight case, connected with an electric battery and telephone, is lowered into the water. So long as the telephone hangs free no sound is heard, but on its coming into contact with a shoal of fish the constant tapping of the fish against the microphone case produce a series of sounds which at once betray their presence. The cord attached to the microphone is marked so that the exact depth of the shoal is designated.

### FASHIONS AND PADS.

There is a great amount of gold and silver tissue used in dress ornamentation.

The plain ribbon, pinned around the head like a surgical bandage, is very much in vogue.

Braiding still has its part in fashion, but is not nearly so freely used as last season.

With the continued vogue for collarless gowns for house wear, necklaces will continue to be worn.

Passmenterie buttons in all tones are modish, and buttons are quite as much to the fore as ever.

### MAKING FLESH.

Drinking hot milk is flesh making. A glass several times through the day and at night, before going to bed, may be taken. Chocolate, a cup of it daily at luncheon, is also flesh making. If you can take olive oil internally it is highly recommended by some physicians. The dose begins with a teaspoonful three times a day, increasing, when one can, to a tablespoonful. It disagrees positively with many persons. Cod liver oil, used both as a massage cream and taken internally, is also fattening.

### IN 1950.

"She belongs to one of our best families."

"Did her ancestors come over in the Mayflower?"

"Oh, no. She's much more exclusive than that. She's a 'Daughter of Discoverers of the North Pole.'—Life.

## Care Needed to Restore Dyed Hair to Its Color

Sad is the predicament that a woman finds herself in once she has bleached or dyed her hair. For, having changed the color through chemical process, it becomes necessary for her to continue the treatment or have a head of hair that is streaked. And yet to continue the process indefinitely is out of the question, because both bleaches and dyes so dry and break the locks that the longer the treatment lasts the worse the hair becomes.

If it were possible to make women realize this fact fancy changing color would be tried less often.

That it is not uncommon I know from my daily mail, wherein the queries are frequent and many as to what the writer can do to get back the natural color, having changed and wishing to restore it.

Advanced though science is there is nothing yet known that will bring back the original condition quickly. Time and care alone will do it, and the interval of transition is one calculated to bring sorrow and desire for seclusion. The change will begin of its own accord at the roots, as new hair grows out, but the long tresses will stay almost as they were when being treated, save that the shade will become dingy and worn, and a general "many colored" aspect is evident.

It is true that attention which will help to stimulate the natural oils, while providing a substitute for them at first, will hasten an improvement. But haste

in this case is a matter of weeks, and it takes a good deal of courage to stick to the resolution to give up changing.

The treatment after bleaching or dyeing is the same. Massage, brushing and grease are to be applied every day.

At night, after the hairpins have been taken out, a long-bristled brush should be drawn through, from scalp to ends, for at least five minutes, and preferably ten. The hair is to be divided into sections that are stroked separately, that each portion shall have a thorough going over. I would then suggest having a tonic made from one and one-half ounces of coconut oil, two and a quarter drams of tincture of nux vomica, one ounce of Jamaica bay rum and twenty drops of oil of bergamot. This is very greasy, and is to be kept from the long hair, not a difficult matter.

Divisions are made, one at a time, close together on the scalp, and the tonic rubbed in with the finger tips until every part of the surface has been gone over. Then the scalp requires massage, to drive in the application, the finger tips being rested securely on the head, and the joints moved, without displacing the tips. This causes the scalp to move over the skull. It is better to apply the tonic, a little at a time, each day, than to put on a great deal every other day. If too large quantities of it are employed the hair will become so clogged that to dress it is impossible.

In the morning there should be another thorough brushing, the bristles made to touch the scalp at every part.

## Tasty Recipes.

### Nesselrode Pudding.

For this most delicious of frozen puddings, either the French or American chestnuts can be used, but you will require twice as many of the smaller American nuts to equal the French marrons. If you use the larger French nuts, boil a pint until tender, remove the brown skins, then pound the meats to a smooth paste with a pinch of salt added. Rub through a sieve. Make a custard of the yolks of six eggs, a pint of rich milk and sugar to make quite sweet. Cook until thickened, then add to it the chopped pulp, a pint of blanched chopped almonds, two cupfuls candied fruit chopped fine and a teaspoonful lemon juice. Place in the freezer, turn until stiff, add a pint of whipped cream and freeze again. Pack in a mold and set in ice and salt for four hours to ripen.

### Richer Nesselrode Pudding.

For this use a pint and a half shelled chestnuts boiled, skimmed and pounded to a paste in a mortar. Blanch one pint shelled almonds and pound also. Boil to a sirup a pint each sugar and water and the juice from a pint can of pineapple. Beat the yolks of ten eggs thoroughly, stir into the hot sirup which has been cooking for twenty minutes, set the saucepan in a larger one of hot water, and beat the mixture with an egg-beater until it thickens. Take from the fire, set in a pan of cold water and beat ten minutes longer. Mix the almonds and chestnuts with the cream and rub through a sieve. Add pineapple pulp and a half pound fresh candied fruit cut into small pieces, add the sugar, yolks and juice, a pinch of salt, a tablespoonful vanilla and four of sherry and freeze. It is not necessary to serve a sauce with nesselrode pudding.

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The holidays are fast approaching, and with them the Christmas shopping and purchasing of various gifts. If you are in doubt just what to buy, we would suggest a stroll through our store.

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